

Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



March 2013

Elder / Human Services

16 Lowell St. 781-942-6608 Fax 781-942-9071 M, W, & Th. 7:30 - 5:30 p.m. Tuesday 7:30 - 7:00 p.m.

Pleasant Street Center

49 Pleasant St. 781-942-6794 Fax 781-942-9034 Mon.- Fri. 8:30 - 4:00 p.m.

Elder/Human Administrator

Jane Burns 781-942-6658

Clerk

Ann Gentile 781-942-6608

Nurse Advocate

Dianne Luther, RN 781-608-5271

Pleasant Street Center Coordinator

Sharon Thomas 781-942-6796

Social Worker

Marie Ammer, LCSW 781-942-6659

Van Driver

Joe Beninati

Council on Aging

Thomas Procopio

Carole Scrima

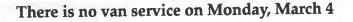
Carol Oniskey, Chairman Erica Deane, Vice Chairman Kevin Walsh, Secretary Dolly DeRosa Margaret Havey Sally Hoyt Steve Oston

Erin go Bragh - in March no matter what your heritage, we are all Irish for a day. Join us on March 14 for the Pleasant Street Center St. Patrick's Day Celebration.

Special thanks goes to the DPW for clearing the Pleasant Street Center so quickly and getting the van back on the road safely during the February Storm.

There is a special election on April 2nd. Check the town website in early March to learn more information about this Election. Van transportation will be available for this and other upcoming special elections.

SPECIAL EVENTS



Thursdays, 9:00 a.m. - 12:00 pm, Free Income Tax Preparation (see Page 7) Wednesday, March 13, 1:30 p.m., Parkinson's Disease Support Group Thursday, March 14, 10:15 a.m., Postal Inspection Service

Mail Fraud Presentation

Thursday, March 14, Noon, St. Patrick's Day Special Lunch,

The Magic of Ireland

Monday, March 18, Noon, Birthday Lunch

Thursday, March 21, 10:15 a.m., Free RMLD Workshop: Updates on Rebates

& other Customer Programs

Monday, March 25, 12:45 p.m., MOVIE - The Ides of March Thursday, March 28, 10:15 a.m., Empty Attic Antiques

See page 2 for a full description of the Special Events



IMPORTANT SYMBOLS Registration Require 781-942-6794

Free Transportation 781-942-6794

Reservations start February 26 - Please call by noon at least two days before the event

Table of Contents

Table of contents	
Special Events	Page 1
Monthly Activities	Page 2 & 3
Calendar	Page 4 & 5
Van Services	Page 6
Announcements	Page 7
Library Happenings & Recipes	Page 8

MONTHLY ACTIVITIES

Fix - It - Tuesday, March 12, 11:00 a.m., leave the lamp at the receptionist desk. You only pay for the parts.

Postal Service - Thursday, March 14, 10:15 a.m. The Postal Inspection Service is one of the oldest law enforcement agencies in the country. Their mission is to protect the Postal Service and enforce the laws that defend the nation's mail system from illegal or dangerous use. Learn about current trends in mail fraud targeting our elder population.

St. Patrick's Day Special Lunch, Thursday, March 14, noon - Lunch with entertainment from BIG SMILE Entertainment - The Magic of Ireland. (NOTE: Bingo starts at 1:30)

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room - Friday, March 8 - 10:00 a.m. - 3:00 p.m. Call for an appointment at 781.942.6659.

Birthday Lunch, Monday, March 18 - noon - Celebrate your birthday – if it is your birthday month you receive a gift and lunch is free. If it is not your birthday month suggested donation for lunch \$2.00.

Fuel Assistance Tuesday, March 19 - 9:00 a.m. - 12:00 p.m. Town Hall, 16 Lowell Street, Lower Level. This will continue until May 2013. Appointments made by calling 781.942.6608; 15 minutes is allowed for each appointment. When calling leave your home address or email - we will send you the list of required verifications and income guidelines.

Free RMLD Workshop! Thursday, March 21-10:15 am Join us to learn about RMLD's customer programs:

- Appliance rebates, time-of-use rates, budget billing and other customer programs;
- Free home energy assessments to RMLD customers what to expect.

Movie Day - Monday, March 25, 12:45 p.m.- The Ides of March. Dirty tricks stand to soil an ambitious young press spokesman's (Ryan Gosling) idealism in a cutthroat presidential campaign where "victory" is relative.

Lunch is Served - Noon, Sponsored by MVES. Suggested donation \$2.00/Reservations 2 days in advance.

Empty Attic Antiques - Thursday, March 28, 10:15 - 11:15 a.m. Henry Jensen, owner of Empty Attic Antiques will be appraising antiques. Henry was an urban archeologist and is a former American History teacher who has been dabbling in antiques for over 30 years. The first 15 - 20 that sign up will be allowed to bring one item for Henry to appraise at this event and given a verbal estimate of value.

Senior Groups

Low-vision Group - March 13, 10:00 a.m. Speaker: Gayle Yarnall, Perkins School, Talking Book Library.

Bereavement Support Group - Suzie Yoffe,
Bereavement Coordinator, VNA of Middlesex East,
781.224.3399 for information. Registration required.

Parkinson's Disease Support Group Wednesday, March 13, 1:30—3:00 p.m. For patients and families. All are welcome. The group will welcome those with neurological diseases as well. The group is led by Michelle Caron RN, Greater Medford VNA,.

Not-Too-Stuffy Book Group: Thursday, March 21 1:00 p.m. Thread of Grace by Mary Doria Russell

Pleasant Street Spa

Roberta Our Hairdresser – Monday, March 4 – 9:30 a.m. - 1:00 p.m. Call 781.245.6605 for an appointment. \$14.00/haircut

For facials & manicures please call the Pleasant Street Center.

Facials – Thursday, March 7 & 21 - 8:30 a.m.-11:00 a.m. Choose 15 min./\$5 or 30 min./\$10.

Manicures - Thursday, March 14 & 28 - 9:30 a.m. - 1:00 p.m. \$5.00 or \$6.00 French.

FITNESS



Motion to Music - Tuesdays & Thursdays, 9:00 - 10:00 a.m. Great Rm. \$20/month; NOTE: \$15/month - any 5 classes during the calendar month. Drop ins are welcome

B.E.S.T. - Balance, Energy, Strength, Training Fridays, 9:00 - 10:00 a.m. Lounge. \$3/Session.

Yoga - Mondays - 11:00 a.m. - 12:00 p.m. 4 wks/\$32 or \$10 for drop-in

Zumba w/Kelli - Mondays, 9:15 - 10:15 a.m. & Wednesdays, 1:30 - 2:30 p.m. \$5/session

CLASSES, CRAFTS & GAMES

Quilting - Wednesday - March 6 & 20-

1:00 p.m. New classes starting. Come visit and try it out. Call Edwina Kasper for more information 781.944.6398.

Klickity Klack Group (Knitting Group) Wednesdays - 9:30 - 11:00 a.m. Arts & Crafts Rm New knitters always welcome.

Painting Group Fridays - 10:00 a.m. - 12:30 p.m. -Arts & Crafts Room - Limit 6 - call to reserve your spot

Computer Class - Wednesdays

Dick Svirsky 9:00 - 10:00 a.m. John Walsh 10:00 - 11:00 a.m. -

Learn to use email, send pictures, or use the internet to look up your ancestors, medical conditions, vacation spots, news, anything. And it's all FREE too! We have WIFI so bring your own laptop if you want.

Games People Play

Mondays 1:00 - 3:00 p.m. Cribbage

Wednesdays, 10:00 - 11:15 a.m. Billiards (No van).

Pool table is available Monday - Friday

9:00 am. - 4:00 pm.

Chess Friday, 1:00 - 3:00 p.m. (No van).

Bingo Tuesdays & Thursdays, 1:00 - 2:30 p.m.

Party Bridge Friday, 1:15 - 3:45 p.m.- \$1.00 to play -Maximum 32, Great Room

Drop in Game Day Thursdays, 12:30 - 3:30 pm. Do you need a place to meet and play a game with your friends? Come to the game room and play!

Art Lessons w/Steve Greco Tuesdays, 9:30 a.m. -12:00 p.m. - 2 ½ hours for \$10. Steve teaches any medium.

Health Screenings

Thursday March 14 10:00 - 11:00 a.m.

Town Hall Conference room

Thursday March 21 10:30 - 11:30 a.m.

Peter Sanborn Place

Thursday March 28 11:00 a.m.- 12:00 p.m.

Pleasant Street Center

Podiatry Clinic, Monday, March 11 - Noon - 6:00 p.m. Arts & Crafts Room. Call Dr. Connolly directly at 781.438.2525 -schedule an appointment. Cost \$30/ Pleasant Street Center visit & \$50/home visit



Maria Imprescia-Salzillo

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BethStakem@remax.net Each Office Independently Owned and Operated









MOBILITY & MORE

Blood Pressure Check

Friday, March 8 10:15 - 11:15 a.m. (Sponsored by



Walgreens)

~Stairway Lifts ~Vertical Lifts ~Ramps

65 Parker Street Newburyport, MA 01950

978-463-3640

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SPACE FOR SALE

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WAKEFIELD

Roasted chicken or Roast beef sandwich

CARE AND REHABILITATION CENTER



Roast pork or Turkey

2013 March 2013 **Pleasantries Senior Newsletter** FRIDAY **THURSDAY ESDAY** 9:00 BEST/FTD Shopping 10:00 Painting <u> ATIONS</u> 12:00 Lunch 1:00 AA Everything in **Bold** – Cedar Glen 1:00 Chess Transportation is available k Tanner Drive 1:15 Party Bridge Veggie Burger or Egg Salad sandwich 9:00 BEST/FTD Shopping 8:30 Facials Svirsky 10:00 Painting 9:00 CG Shopping mmunity Shop 10:00 SHINE 9:00 Motion to Music n Walsh 10:15 Blood Pressure 9:15 Burbank YMCA 12:00 Lunch 12:00 Lunch 12:30 Drop in Game Day 1:00 AA 1:00 Chess ping / Zumba 1:00 Bingo 1:15 Party Bridge na sandwich Tortellini or Chef salad **CG Shopping / Motion to Music** 15 9:00 14 9:00 BEST/FTD Shopping 9:15 Burbank YMCA Svirsky 9:30 Manicures 10:00 Painting ommunity Shop 11:00 Senator Clark 10:00 Blood Pressure @ Town Hall 12:00 Lunch n Walsh 10:15 Postal Service 12:00 St. Pat's Special Lunch / 1:00 AA 1:00 Chess Selectmen Goldy 1:15 Party Bridge 12:30 Drop in Game Day rt Group Fish sticks or Vegetarian Chef salad 1:30 Bingo pping / Zumba St. Patrick's Day Special Lunch gg salad sandwich 22 8:30 Facials k Svirsky 21 20 9:00 BEST 9:00 CG Shopping community Shop 9:00 FTD Shopping 9:00 Motion to Music ın Walsh 10:00 Painting 9:15 Burbank YMCA 10:15 RMLD 12:00 Lunch 1:00 AA 12:00 Lunch 12:30 Drop in Game Day 1:00 Chess pping /Zumba 1:00 Bingo / Book Club 1:15 Party Bridge Baked fish or Roast beef sandwich Pizza ındwich

EXCEPTIONAL HEALTHCARE.

EXTRAORDINARY HOSPITALITY.

RIGHT NEARBY.

27

Svirsky

pping

pping

& Swiss cheese

hn Waish

Short-Term Rehabilitation Long-Term Care



9:00 CG Shopping /Motion to Music

9:15 Burbank YMCA 9:30 Manicures

10:15 Attic Antiques

1:00 Bingo

11:00 Blood Pressure

12:30 Drop in Game Day

12:00 Lunch / Town Manager

Stuffed pepper or Cottage cheese

1364 MAIN STREET READING, MA 01867 1-800-WINGATE

WHERE HEALTHCARE AND HOSPITALITY MEET
WINGATEHEALTHCARE CO



28

9:00 BEST

10:00 Painting

12:00 Lunch

1:00 Chess

1:00 AA

9:00 FTD Shopping

1:15 Party Bridge

Lentil stew or Tuna salad sandwich

JAN TRIGLIONE

29

SENIORS REAL ESTATE SPECIALIST PREMIER REALTY GROUP. Inc.

553 Main St Reading, MA 01867 **781.944.4140 or 781.864.2448**

On the Go!

Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794.

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 am you should be ready by 8:45 am).

Woburn Mall, Target or Kohl's - (Your Choice) Monday, March 11 - 1:30 p.m. & March 25 - 9:30 a.m.

Wal-Mart - Monday, March 11 - 9:30 a.m. & March 25 - 1:30 p.m.

Downtown Errands, or Library - (Your Choice) Monday, March 18 - 9:30 a.m.

Redstone Shopping Center - Monday, March 18 - 1:30 p.m.

Burbank YMCA - Tuesdays/Thursdays from 9:15 - 11:00 a.m.

Grocery Shopping to Market Basket/Stop n Shop (Your Choice)

Community: (seniors not living in senior housing) Wednesdays - 9:30 a.m. & 1:30 p.m.

Cedar Glen, Thursdays - 9:00 a.m.

Tannerville, Fridays - 9:00 a.m.

You will have an hour and 15 minutes to shop.

Rules of the road...

- All riders must meet the Standards of Independence for participation at the Pleasant Street Center.
- Seatbelts are required until the van comes to a complete stop.
- · 4 bags per rider.
- As a courtesy to others please be on time for home pickup and return pickup!



Douglass, Edgerley & Bessom FUNERAL HOME

25 Sanborn Street • Reading, MA 781-944-0284

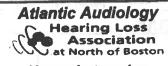
> John B. Douglass John B. Douglass II

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Nursing & Home

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59 Middlesex Avenue, MA 01867 www.whittierhealth.com



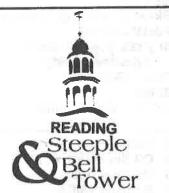
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Senior Thursday's \$12.00

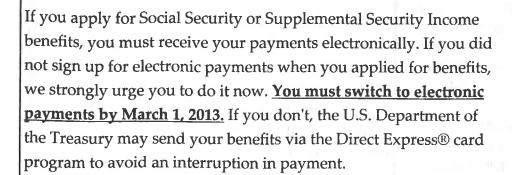
MINTAGE 2.

484 MAIN STREET READING, MA 01867

Come in for a cut and a coffee!

Formerly of the Clipper Barbershop - Wilmington

Social Security Update



It's safe, quick and convenient.

If you are already receiving benefits, you can start or change Direct Deposit online. You can also sign up at your bank, credit union or savings and loan.

Or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778).

Tax Assistance

Free Income Tax Preparation with Electronic Filing for Reading Seniors

Persons age 60 and older can receive help with their tax forms until April 11. Assistance will be available at the following handicapped accessible locations:

Thursdays - St. Athanasius' Parish Activities Center - 9:00 a.m. - 1:00 p.m. by appointment only - call 781-942-6608 for an appointment. Saturdays - Reading Municipal Light Department (RMLD) - 9:00 a.m. - 1:00 p.m. Walk ins -NO appointment necessary Check back later in the month as more locations and times may be added.

Please bring the following forms with you when you come to have your taxes prepared: W-2 forms; Social Security & pension information; Tax forms sent by banks and other financial institutions; Property tax &

water bills; copies of 2012 MA and Federal tax forms; estimated taxes paid in 2012; 2012 costs for making your home energy efficient; health insurance card - 2 cards for married taxpayers; Form MA 1099-HC.

In general, please bring ANY paperwork you think is REMOTELY pertinent to filing your return.



**National Honor Society for donating cookies for Valentine's Day for the meal site and Meals on Wheels' Clients.

**Longwood Place for helping to supply the Entertainment for February 14.

**Wood End Daisy Troop 75304 & Killam Brownie Troop73720 for donation of Valentine cards.

**Coolidge Middle School for donating Valentine's cards and candy

CHIT CHAT



Questions/Concerns? Visit the Pleasant Street Center

Council on Aging Monday, March 11 - 6:30 p.m. at Pleasant Street Center

Board of Selectmen Office Hours
Tuesday, March 12 - 6:30 - 7:00
p.m. - Town Hall Conf. Rm.

Selectman Steve Goldy
Thursday, March 14 Noon

Senator Katherine Clark Friday, March 15 -11:00 a.m.

Meet the Town Manager Thursday, March 28 - 12:15 p.m.

For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate President, (781) 944-1191.

Winner's



Bingo winners - for January Barbara Mullen (twice), Eleanor Terenzi, Bob Fitzgerald (twice), Sheena Rauseo, Carol Holland and Margaret White

LIBRARY HAPPENINGS

EASY RECIPES



LiveWires Coffee & More: School Days Wednesday, March 13, refreshments at 9:30 a.m. program at 10:00. Join former Highland School teachers as they reminisce about the elementary school which opened in 1896, and re-opened as the Reading Public Library in 1984.

Open House: Reading Public Library and the Highland School: Yesterday, Today, and Tomorrow Saturday, March 16th, 10:00 a.m. through 5:00 p.m. Join the Reading Public Library as we celebrate the Highland School, Reading's rich local history, and our community. Events ongoing throughout the day; drop in to catch live music, dance, puppet shows, games, a local history lecture and more. Bring the whole family

LiveWires Presents: The Upside of Fear

Tuesday, March 26, 7:00 p.m. Jeff Wise, science writer, outdoor adventurer, and pilot is a contributing editor at *Popular Mechanics* and the author *Extreme Fear: The Science of Your Mind in Danger*. Wise will explain why fear is one of evolution's greatest gifts.

Easy Peach Shortcakes

1 Can Pillsbury Grands buttermilk biscuits

1 tbs. sugar

1 can (29 oz.) sliced peaches in syrup, drained and

1/2 cup liquid reserved

1 cup whipped topping

Ground cinnamon

Heat oven to 375. Separate dough into 5 biscuits. Place on ungreased cookie sheet. Sprinkle sugar on top of biscuits.

Bake 11-15 minutes or until golden brown. Cool 5 minutes.

To serve, split biscuits on plates, layer with peaches, reserved liquid and whipped topping. Sprinkle with cinnamon.

Makes 5 servings

READING ELDER SERVICES16 LOWELL STREET

Reading, MA 01867

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email.

If you would like to be <u>removed</u> from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.